

camps^{and} retreats



Brigidine College
St Ives

holistic and spiritual development

The compulsory Camps and Retreats program forms an essential element of the overall social, emotional and personal development of the girls.

Brigidine College is committed to the holistic development of our students. The compulsory Years 7-10 Camps program forms an essential element of the overall social, emotional and personal development of the girls. It is also a key component of the College's Pastoral program based on positive education. In alternative educational settings students make connections with their own approach to life, and explore and use their character strengths which help them to contend with the many challenges they experience as young women.

The Camps and Retreats program also addresses some contemporary social-cultural issues, such as the concern that many young people are retreating into a virtual world and losing contact with reality, which can lead to social dislocation and isolation. Enjoying one another's company in the calm of natural environments, students are encouraged to balance moderate reliance on technology with an appreciation that they can happily exist without many of the domestic comforts to which they have become accustomed. Our students experience time in God's creation; and their time away fosters the opportunity for spiritual growth as well as a greater respect for the natural world.

Through the Camps program, the girls develop skills and values that they need to ably navigate their journey from adolescence to maturity and to improve their capacity for future success through resilience building and a positive mindset.

Years 7-10 girls are given an opportunity to:

- discuss ways they can apply their insights learnt at Camp to real-life situations
- explain how social situations are enriched by the gifts of and differences between participants, as experienced at Camp
- demonstrate a greater capacity for resilience, more effectively bounce back from adverse situations and extend their ability to meet and overcome challenges
- appreciate their life situation and the blessings of life.

Years 11 and 12 students experience the Retreat program that builds on the Camps structure offered in the early years at Brigidine College.

- Retreats present quality time-out for staff and students to spend several days as a school sub-community away at a suitable site.
- Sessions are organised to engage in collective as well as small group activities in a relaxed atmosphere geared to building cooperation, mutuality and trust.
- Activities based on intrapersonal and interpersonal interaction heightens the spiritual component.
- Core to the outcomes is a fostering of positive relationships built on an appreciation for affirmation and reconciliation.

enjoying one another's company
in the calm of **natural environments**



camps program

The compulsory Years 7-10 Camps are a very worthwhile experience for all girls.

The Camps program is under the direction of the Deputy Principal Faith and Wellbeing assisted by the Year Coordinators. All Camps are conducted by the Outdoor Education Group (OEG). Working in partnership with OEG enables an effective sequential program to be implemented for students over four years.

Brigidine College Camps for Years 7-10, and Retreats and spiritual experience programs for Years 11-12, are held in Term 1 on the same week. This reduces the impact on classes and creates an important collective sense of participation throughout the whole College.

The compulsory Camps are a very worthwhile experience for all girls.

The Camps program includes:

- the implementation of extensive planning and risk management processes, with the safety of students and staff of paramount importance
- a range of learning environments that facilitate core outcomes being met in a variety of settings
- thorough briefing and preparation of parents, staff and students prior to participation.



collective sense of participation

extensive planning and risk management



the camps

A range of opportunities for young women to build their resilience and challenge themselves to reach their full potential.

Year 7 Coming to Brigidine

Orientation and transition to secondary school

Key themes include relationship building and connection between students, developing positive attitudes to change, and overcoming challenges. Activities and sessions cover physical and personal challenges, complemented by group activities designed to improve understanding and appreciation of each other. Some camping and cabin accommodation is provided.

Year 8 My Gifts and Strengths

Personal challenge and exploring potential

Year 8 Camp involves a night in onsite cabins and an overnight camp in tents. Students undergo a range of physical challenges and operate as a team to cook meals and work through the responsibilities of a camp experience. The girls participate in Mentor groups.



Year 9 The Great Outdoors

Personal and group challenges, goal setting and teamwork

Year 9 Camp focuses on a challenging 4 day experience in a semi-wilderness setting and girls participate in their Mentor groups. Accommodation is in tents or cabins and activities include hiking, biking, orienteering, outdoor challenges and preparation of meals by the group. The Camp is the ultimate challenge for the girls, providing an adverse situation to cope with through which they experience a great sense of collective and personal achievement.

Year 10 An Urban Challenge

Teamwork, problem solving, decision making and challenge

This Camp takes place in the urban setting of Sydney. Students work together in Mentor groups, with specific roles assigned to each member to undertake challenges and experiences as they progress from one stage of the Camp to the next. Along the way, the girls camp near Sydney Harbour, plan their meals and budget for transport, experience different events and modes of transport, and plan journeys between destinations as a team. The Camp embodies a novel and effective approach to resilience and decision making, with different skills and gifts among the students coming to the fore.

personal and group challenges

problem solving and decision making



retreats program

Retreats provide students with the time to reflect on God and on life, to be creative, and to interact with others in a Christian context.

The Retreats Program is under the direction of the Deputy Principal Faith and Wellbeing assisted by the Year Coordinators.

The compulsory Retreats are a very worthwhile experience for all girls.

Retreats at Brigidine College aim to:

- provide students with the time to reflect on God and on life, to be creative, and to interact with others in a Christian context
- allow students the opportunity to make choices in an environment of guidance, discussion and prayer
- provide a climate where students can review their personal faith in the context of the whole Christian story
- ensure a memorable experience of school community, where the individual person is valued and communal experiences of liturgy, celebration and reflection are highlighted
- provide a variety of styles of retreat where students can explore issues which are relevant to their own needs and discern the type of experience which will meet those needs. For example: social justice, spirituality and inner journey retreats.



a memorable experience
of school community



the retreats

A range of opportunities for young women to develop a deeper sense of self in a time of change.

Year 11 Seeing God in Others

Year 11 attend a Street Retreat which is intended to stimulate and engage students as they prepare for their final years of secondary education. The Retreat focuses on the challenge to develop a deeper sense of self in a time of change. There is time for students to reflect on their own life and an opportunity to build a stronger sense of cohesion with others in the cohort. Community service is a key outcome that is additional to the Street Retreat.

Year 12 To Everything there is a Season

The Year 12 Retreat builds on the Year 11 experience with a deepening of student reflection. With the theme *To Everything there is a Season* the girls are motivated to prepare for the stresses and challenges of the HSC year. At the same time it provides a collection point to evaluate past journeys with a focus on thanksgiving in anticipation of a life beyond school.



focus on thanksgiving in anticipation of a life beyond school



We inspire girls to value learning,
to be true to themselves
and to honour their spiritual heritage.
We challenge young women to act in the world
with strength and gentleness.



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